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In this edition: To coincide with the sixtieth anniversary of the establishment of *Kodokan Goshin-jutsu* we present a brief history and appraisal of the exercise by *kata* devotee, Martin Savage. This article is based on the paper Martin produced for the 2010 British Judo Association Technical Congress, and has been re-edited and expanded for us with some additional content and helpful photographs. Martin's article was edited by Llŷr Jones, who also produced this issue.

News: Again we remind you that we have quite a collection of video material now and would be happy to arrange showings for clubs. Remember you can buy copies through the website. Sets of Bulletins may also be purchased on CDs.

Regards Diana Birch



Figure 1 – Kenji Tomiki (1900–1979)

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A brief history and appraisal of *Kodokan Goshin-jutsu* 講道館護身術 [Kodokan Self-defence] Martin Savage & Dr Llŷr Jones (editor)

Introduction

Kime-no-kata was developed in the late 19th century to study how to attack and defend. However, with changing lifestyles, it became necessary to devise a new exercise more suited to modern times. Therefore, in 1956, the *Kodokan* established *Goshin-jutsu* to address this need. Note that the term *Go-Shin-Jutsu* translates directly as “Body Defence Art” or more colloquially as “Self Defence Techniques”.

Who created *Kodokan Goshin-jutsu*?

The *Kodokan* committee set up to produce the *Goshin-jutsu* began work in September 1952 and was led by Nagaoka, Mifune and Samura Sensei and included Oda, Kurihara, Nakano, Ara, Ito, Ebii, Kawakami, Kikuchi, Kazuzo, Koyasu, Sawa, Suzuki, Takahashi Kisaburo, Takahashi Hamakichi, Nagaoka, and Otaki Sensei. The influence of Nagaoka Sensei was however indirect, because he died in November of that year, but his earlier contribution to the development of *Kime-no-Kata* was important in the establishment of the new exercise. There were at least 25 members on the committee but it varied in size over the three years that it took to complete the task. One of the most well known names from that group is Kenji Tomiki Sensei [Figure 1] who along with Otaki Sensei went on to give the first public demonstration of *Kodokan Goshin-jutsu* at the *Budokan* (in 1956) and later (in 1967) established *Shodokan Aikido*, more commonly known as *Tomiki Aikido*. Others who were part of the committee and who went on to be household names in *Judo* were Sumiyuki Kotani and Kazuzo Kudo Sensei.

The name *Kodokan Goshin-jutsu*
Kodokan Goshin-jutsu is not called *Ko-*

dokan Goshin-jutsu-no-kata in the same way as we have *Nage-no-Kata*, *Katame-no-Kata*, *Ju-no-Kata* and *Kime-no-Kata* etc. This would imply that the *Kodokan* did not initially intend that it be a *Kata* but rather a collection of self-defence techniques grouped together to represent defences against several kinds of attack which were more contemporary than some in *Kime-no-kata*. It is however now ranked among the official *Kodokan Kata* although some traditionalists believe that Jigoro Kano *Shihan* would not have included it in his system because it doesn't contain any of the higher ideals which were so important to him and which he incorporated into the other *Kata*. The influence of Tomiki Sensei can be seen in the predominance of techniques which we would usually associate with *Aikido* and since Jigoro Kano described *Aikido* as the “Ideal *Budo*” we could speculate that the *Shihan* might have been quite happy with the inclusion of *Goshin-jutsu* in his *Kodokan Judo* syllabus.



Contents of *Kodokan Goshin-jutsu*

Figure 2 shows that *Kodokan Goshin-jutsu* consists of 21 *Waza* broadly divided into two sections—12 *Toshi-no-bu* or unarmed attacks and 9 *Buki-no-bu* which are attacks with three weapon types. The *Toshu-no-bu* are further divided into 7 *Kumitsu-kareta-bai* or attacks when held

[Figures 3–6] and 5 *Hanareta-bai* which are attacks at a distance. The *Buki-no-bu* consist of three defences each against *Tanto-no-bai* (knife) [Figures 7–8], *Tsue-no-bai* (stick)

[Figures 9–10], and *Kenju-no-bai* (pistol) [Figures 11–12]. In Figures 3–12 Martin Savage is *Tori* and Ole Gajosinkas is *Uke*.

repertoire of possible responses.

Kodokan Goshin-jutsu extends the standard *Judo* curriculum by including wristlocks while excluding neck and leg locks. It includes *Aikido Waza* such as *Ikkyo* (similar to *Ude Gatame*), *Kote Hineri* and *Kote Gaeshi* (two wrist techniques), which could be applied effectively after a relatively short period of training, unlike most *Judo Nagewaza* which would take a student quite a while to become proficient to be able to use them confidently.

The *Reigi* or etiquette in *Kodokan Goshin-jutsu* is less formal that that employed in the *Kata* personally established by Kano *Shihan*—perhaps reflecting it's more contemporary and utilitarian nature.



Figure 8 – Disarming Uke from *Naname-tsuki* [Slanting stab]

Another criticism of *Goshin-jutsu* is that the gun defences are not very effective and this is borne out by an experiment carried out by the Tokyo Metropolitan Police with a pellet gun in which they found that in



Figure 3–6 from the top – *Kote-hineri* [wrist twist] from *Ryote-dori* [Two-hand hold]; *Ude-hishigi-te-gatame* [Arm crushing hand armlock] from *Hidari-eri-dori* [Left lapel hold]; Kicking Inside Uke's knee from *Kataude-dori* [Single-hand hold]; Preparing to throw Uke from *Kataude-dori* [Size and hold from behind]



Figure 7 – *Tsukkake* [Straight thrust] sequence

An appraisal of *Kodokan Goshin-jutsu*

There are those of course who do not rate the techniques in *Kodokan Goshin-jutsu* as being useful for self-defence but they are failing to see beyond the demonstration facet of the *Kata* in a similar way as those who regard *Nage-no-kata* and *Katame-no-kata* as being irrelevant to competitive *Judo*. They have probably only seen *Kodokan Goshin-jutsu* in it's demonstration form and have never used it to develop self-defence skills. The first public demonstration of *Goshin-jutsu* presented it as it was intended, a self-defence system devoid of most of the trappings associated with *Kata* and as such it was a performance with little aesthetic value but no one who has seen it can doubt it's effectiveness.

90% of the cases the defender would have been shot while trying to execute the defence. I think that anyone who is faced with a gunman determined to shoot them will probably get shot. However I think, but am not certain, that it was *Kyuzo Mifune Sensei* who said "these methods are techniques of the last resort" and as such they should not be viewed as miracle devices certain to disarm the gunman safely. He is also reported as having said that you should look into the eyes of your assailant and determine if he has the will to shoot. If he has and his concentration wavers then you should attack first.

Kodokan Goshin-jutsu was meant to supplement and complement the *waza* in *Kime-no-Kata*, *Kime Shiki*, *Ju-no-Kata*, *Koshiki-no-Kata* and *Joshi Goshin-ho* increasing the number of techniques available to the *Judoka* to allow him to deal with a variety of life-threatening situations. These defences could be interchanged as suggested by John Cornish [1] and this would further increase the

Mental training in the form of *Mushin* (a mind free from anger, fear and ego and open to everything). It is often translated as no-mindedness, and *Zanshin* (the mind that maintains awareness in case of further attacks), would come as the *Judoka* became more efficient in the execution of the various *Waza* and began to use them against random attacks in-

stead of the attacks coming the prescribed order in the *Kata*. Another extension could be the use of the defences against random attacks coming in quick succession from different assailants attacking from different angles.



Figure 9– Shita-ago [Palm thrust to chin] from Furlage [Upswing] with stick

Ideally all *Judoka* should undertake to gain proficiency in *Kodokan Goshin-jutsu* to help move their *Judo* from what Jigoro Kano *Shihan* described as “narrow” *Judo* or totally competitive *Judo* to “wider” *Judo* or *Jodan Judo* which is more encompassing and a truer reflection of the system he developed. Admittedly the competitive *judoka* will have developed skills such as speed, balance, timing and strength along with the ability to sense any weakness in his/her opponent’s balance, however he/she will only be familiar with attacks launched from the closest of *Ma-ai* whereas with training in *Kodokan Goshin-jutsu*, not only will he/she gain proficiency with a variety of *Atemi-waza* and *Kansetsu-waza* not seen in *Shiai* but he/she will be exposed to a variety of *Ma-ai* peculiar to each group of attacks.

judged is the *Kodokan DVD* series supplemented by a list of rules issued by the IJF. As in other events which are judged in this way, such as gymnastics and ice-skating, despite the guidelines, there is always discrepancy between the judges and competitors in relation to their interpretation of the criteria. This is a fact of life and although *Kata* competitors can complain about the lack of consistency in the scores, the reality is that *Kata* was not devised to be competitive and the difficulties experienced in judging are in part due to this fact. See Figure 13.

chains, nunchaku, pepper sprays and Tasers also have to be contended with in the 21st century. *Judo* has a limit to what it can achieve in terms of defence against any weapon and while it is possible that an attacker with any weapon may be subdued if he makes a mistake, the margin for error is small and damage could still be inflicted even if a direct hit with the weapon is avoided.

This is not however a valid reason for abandoning *Goshin-jutsu* as a method of self defence. The various defences within this and the other *Kata* previously mentioned, while not all encom-

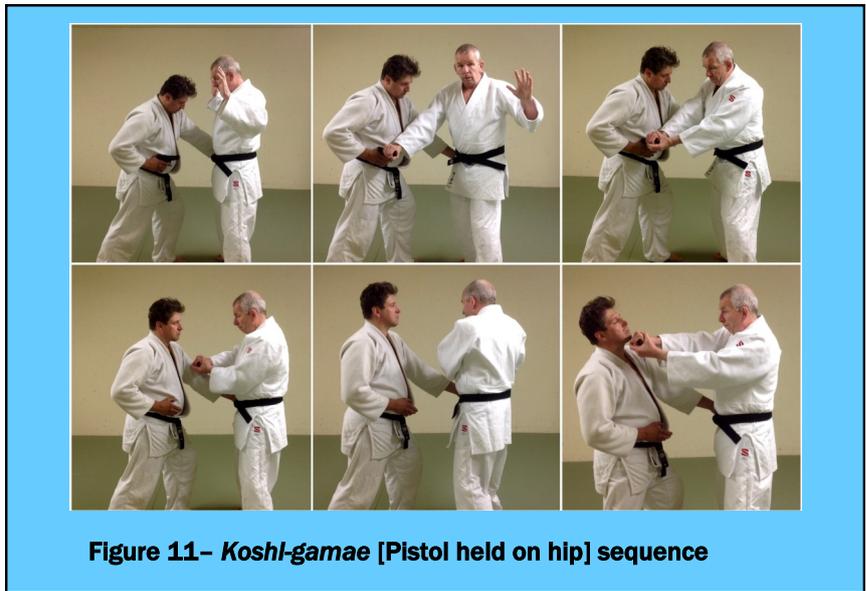


Figure 11– Koshi-gamae [Pistol held on hip] sequence

Concluding Remarks

Kodokan Goshin-jutsu is now 60 years old— this is almost the same period as when *Kime-no-Kata* was established and the *Kodokan* deciding that a more modern self-defence system was needed. Just as some thought *Kime-no-kata* was obsolete in 1956 some now believe that *Kodokan Goshin-jutsu* is itself an anachronism.

passing as a self-defence system certainly leave someone who has practiced them richer in terms of *Judo* knowledge, more complete as a *Judoka* and most important of all safer on the street.

References

1. Cornish, J.P. (1984). *Go-Shin-Jutsu*. FJR Publishing for the British Judo Association.

About the Author

Martin Savage has nearly 50 years of involvement in *Judo*. He is a ten-time British Champion in multiple *Kata* and represented Great Britain at World and Continental level *Kata* Championships from 2005 to 2011.

Martin is a Senior *Kata* Examiner for the British *Judo* Association and continues to enthusiastically promote *Kata*—teaching, examining and attending specialist courses to further his own knowledge.

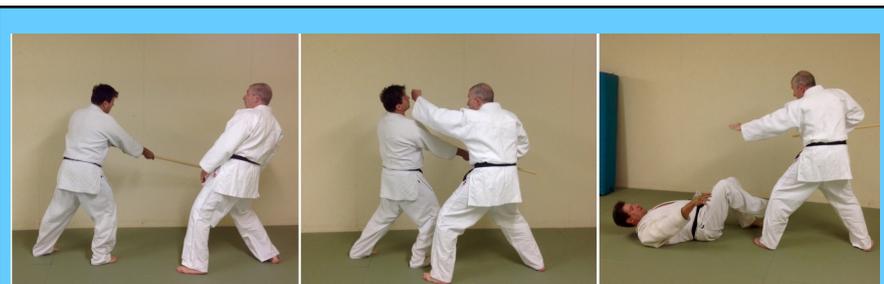


Figure 10– Furi-oroshi [Downswing] sequence

Competitive Kata

In BJA, EJU or IJF *Kata* competitions, the standard against which all *Kata* are

Certainly guns, knives and sticks still exist as threats but other weapons such as clubs, bottles,



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Figure 12- Out-takes from Haimen-zuke [Pistol at the back]. The sequence concludes with Tori throwing Uke with a Kote-gaeshi [Wrist reversal] style technique

The Richard Bowen Collection



In 1949, Richard Bowen began judo training in London at the Budokwai, of which became Vice-President. He lived in Japan for four years to deepen his studies. A former British International, he fought in the first ever World judo Championships in Japan in 1956. He was the author of more than eighty articles. Richard Bowen built up an extensive judo Library in the course of research for his articles and books, and he kindly donated it to the University of Bath Library. Items in the collection are for reference use only (not available for loan). Items can be viewed between 9am-5pm. If you would like to look at an item from The Richard Bowen Collection, please contact the Subject Librarian, Peter Bradley. +44 1225 384784

A copy of the video 'An Interlude with Richard Bowen' has also been donated to the collection.

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Martial Arts Videos



Figure 13 - Martin Savage (Tori) and Paul Brady (Uke), winning the Kodokan Goshin-jutsu category at the 2004 British Kata Championships held at High Wycombe in the United Kingdom. The technique in the photograph is Kote-hineri from Ryote-dori